



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Quinoa

It looks like a grain, but quinoa is, in fact, a seed. It comes in black, white and red varieties and is full of protein, with a chewy texture and nutty flavour.



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Golden Fritters with Chopped Mint Salad

Organic mixed quinoa with spiced courgette fritters, diced cucumber and mint salad served with mango chutney for dipping.



35 minutes



2 servings



Plant-Based

26 August 2022

Stretch the dish!

Add some corn kernels or mashed potato to the fritter mix to make an extra batch. If you're sensitive to spice, you can serve these fritters with regular or coconut yoghurt.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	14g	14g	102g

FROM YOUR BOX

ORGANIC MIXED QUINOA	1 packet (100g)
LEBANESE CUCUMBER	1
TOMATO	1
MINT	1 bunch
POTATO BITES MIX	1 packet
COURGETTES	2
MANGO CHUTNEY	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

The mixture may appear dry at first but the liquid from the courgettes will loosen it up as you stir. If you need more liquid, add more water one tablespoon at a time.

If you would prefer a creamy style sauce you can mix the chutney with some coconut yoghurt or plant-based mayonnaise.



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 15 minutes or until tender. Drain and rinse.



2. MAKE THE SALAD

Dice cucumber and tomato. Roughly chop mint leaves (to taste), reserving 1 tbsp for step 5. Toss together with **1/2 tbsp olive oil, 1 tsp vinegar, salt and pepper**. Set aside.



3. PREPARE FRITTER MIX

Stir to combine dry potato mix with **1/3 cup water**. Grate courgettes and add to mixture. Mix well to combine (see notes).



4. COOK THE FRITTERS

Heat a large frypan over medium-high heat and cover base with **oil**. Spoon in 1/4 cupfuls of fritter mix and cook for 4-5 minutes each side (in batches if needed) until golden and cooked through.



5. DRESS THE QUINOA

In a bowl whisk together 1/2 tbsp chutney, **1/2 tbsp vinegar, 1/2 tbsp water** and reserved mint. Add quinoa and mix well. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide quinoa, salad and fritters among bowls. Serve mango chutney on the side (see notes).

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

